



Easy Refrigerator Pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 cups cucumber thinly sliced



2 small onion sliced



0.5 cup carrots thinly sliced



1.8 cups sugar



1 cup apple cider vinegar white



2 tablespoons salt



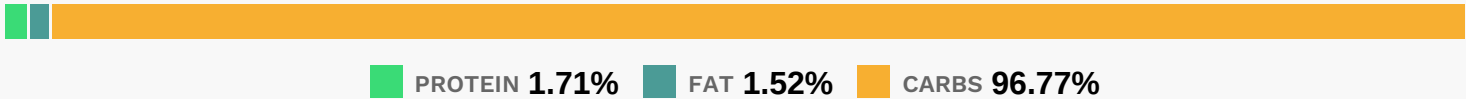
1 tablespoon optional: dill dried fresh chopped

Equipment

Directions

- ☐ In 2 1/2- or 3-quart glass container, layer cucumbers, onions and carrot.
- ☐ Mix remaining ingredients until sugar is dissolved; pour over vegetables.
- ☐ Cover and refrigerate at least 24 hours but no longer than 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:10.5, Inflammation Score:-4, Nutrition Score:1.439565229675%

Flavonoids

Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 65.66kcal (3.28%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.73g (5.72%), Sugar: 15.43g (17.14%), Cholesterol: 0mg (0%), Sodium: 584.76mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin A: 470.84IU (9.42%), Manganese: 0.06mg (3.14%), Vitamin K: 2.77µg (2.64%), Vitamin C: 1.67mg (2.02%), Potassium: 70.07mg (2%), Fiber: 0.41g (1.63%), Folate: 6.3µg (1.57%), Copper: 0.03mg (1.47%), Vitamin B6: 0.03mg (1.38%), Magnesium: 5.42mg (1.35%), Phosphorus: 10.42mg (1.04%)